

**Alabama Medicaid Patient 1<sup>st</sup>**  
**In-Home Monitoring Program**  
January 2008

1. What is the In-Home Monitoring Program and what are the plans for 2008?
  - The In-Home Monitoring Program is a joint project between the Alabama Medicaid Agency, the University of South Alabama, Center for Strategic Health Innovation (USACSHI) and the Alabama Department of Public Health (ADPH).
  - The program allows Patient 1<sup>st</sup> enrollees with certain chronic conditions such as diabetes and hypertension to monitor their conditions at home by transmitting readings into a centralized database.
  - The readings are monitored by community ADPH nurses according to guidelines set forth by the patient's primary medical provider (PMP).
  - Information from the in-home readings is then transmitted into a centralized database.
  - The plan for 2008 is to double the current number of 110 patients.
  - ADPH is in the process of hiring nurses for each area to manage the in-home monitoring program. These nurses will spend part of their time promoting the program and recruiting physicians to enroll their qualified patients in the program.
2. What are the changes for 2008?
  - USACSHI in cooperation with Medicaid and ADPH has changed the process of monitoring and recording the patient's information.
  - The change ended the need for telemetry boxes in the patient's home and also removes the need for specific brands of monitoring supplies such as glucose monitors and strips which were sometimes hard to supply.
  - The new database system, known as RMEDE, allows the patients to use any glucose monitor, any blood pressure machine, and any scale which makes it more convenient for the patient as well as the nurse.
  - The cost of the equipment is much lower.
  - The patient can call in their information from any phone as long as they have the appropriate ID number.
3. What is the RMEDE system?
  - The RMEDE system is a toll-free dial-in system for patients.
  - The patients will be prompted to enter their identifying information.
  - The system will ask them about their specific measurements such as blood sugar, blood pressure, and weight.
  - Once the information is entered it will be read back to the patient for confirmation.
  - The information will then be immediately available on the RMEDE site for viewing by the nurse or physician.
  - The readings, if out of the range set by the patient's physician, will prompt an alert to an ADPH nurse.
  - Prior to implementation, RMEDE was piloted and found to be user-friendly and accurate by both patients and nurses.

The Alabama Medicaid Agency is looking forward to a very exciting 2008 where the In-Home Monitoring Program in collaboration with the ADPH and the USACSHI will work towards a healthier Medicaid population.